

Please add the following claims:

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~~39.~~ (New) A skateboard that is adapted to be ridden by a user standing upon it, comprising: an elongated extruded aluminum metal board; said metal board having a front end, a rear end, a top surface, a bottom surface, a left edge, a right edge, a width adapted to accommodate the user's feet in a direction generally perpendicular to the longitudinal axis of the board, and multiple continuous, closed cavity forming members extending substantially the length of the board, at least one of the cavity forming members having a height H1 and a width W2 and W2 is greater than H1.

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~~40.~~ (New) A skateboard as recited in claim ~~39~~, wherein said at least one cavity forming member having a height H1 and a width W2 has a substantially rectangular cross-sectional configuration.

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~~41.~~ (New) A skateboard as recited in claim ~~39~~, wherein said metal board has an arcuate shaped front end and an arcuate shaped rear end.

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~~42.~~ (New) A skateboard as recited in claim ~~41~~, wherein plastic end guards are secured to said front and rear ends of said metal board.

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~~43.~~ (New) A skateboard as recited in claim ~~39~~, wherein said top surface of said metal board has a concave transverse contour.

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~~44.~~ (New) A skateboard as recited in claim ~~39~~, wherein said metal board has a bent-up front tip portion and a bent-up rear tip portion.

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~~45.~~ (New) A skateboard as recited in claim ~~39~~, further comprising front and rear skateboard trucks secured to said bottom surface of said metal board.

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~~46.~~ (New) A skateboard as recited in claim ~~39~~, wherein said board deflects less than 0.162 in. with a load of 200 lbs.

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47. (New) A skateboard as recited in claim 39, wherein said board deflects less than 0.203 in. with a load of 250 lbs.

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48. (New) A skateboard as recited in claim 39, wherein the elongated metal board includes a top wall, a bottom wall and N longitudinally elongated support walls that define N-1 longitudinally elongated cavity forming members extending substantially the length of the board.

49. (New) A skateboard as recited in claim 39, wherein the metal board includes titanium.

50. (New) A skateboard as recited in claim 39, wherein end guards are secured to said front and rear ends of said metal board at said multiple continuous, closed cavity forming members.

51. (New) A skateboard as recited in claim 39, wherein at least one of said multiple continuous, closed cavity forming members includes a filler.

52. (New) A skateboard as recited in claim 51, wherein said filler is a member selected from the group consisting of foam, foam plastic, wood, wood composite, ~~compressed air~~, and an inflatable bladder.

53. (New) A skateboard as recited in claim 39, wherein said metal board includes a first, central longitudinally elongated cavity forming section having a generally rectangular cross section, second and third adjacent longitudinally elongated cavity forming sections having generally rectangular cross sections that are narrower than the cross section of the first section, fourth and fifth adjacent longitudinally elongated cavity forming sections having generally rectangular cross sections similar to the cross section of the first section, and sixth and seventh adjacent longitudinally elongated cavity forming sections having generally rectangular cross sections similar to the cross section of the first section.